



# *Realizing & Accepting the Impact of Your Father's Absence in Your Life*

## A GUIDE

## INTRODUCTION

*Hello!*

### **I KNOW WHAT IT'S LIKE GROWING UP WITH AN ABSENT FATHER.**

I understand how hard it can be to heal from the heartache and doubt created by a dad who wasn't there for you. I want you to know that you are capable of transforming your pain into power. With a Spiritual plan and some forgiveness, you can finally learn to feel grounded and whole.



*Olivia S. Benson*



Generally, there are several things that are key when it comes to healing issues in our lives. As usual, accepting what happened is one of them. We humans are wonderfully built for survival. Often, we just keep moving when we are hurt by life's challenges. Then, one day, when things really go off the track, we are forced to stop and check what is out of order.

### **REMEMBER G.E.F.S**

*God. Energy. Force. Spirit*





*I'm on a mission to  
help you heal!*

YOU CAN OVERCOME THE  
RESENTMENT,  
SADNESS, AND THE  
DEVASTATING SETBACKS  
THAT FOLLOWED HAVING A  
FATHER WHO WASN'T THERE  
AND DIDN'T CARE. I AM A  
TESTAMENT THAT YOU CAN  
OVERCOME IT ALL TO  
CHANGE THE COURSE OF  
YOUR LIFE FOR YOUR  
ULTIMATE GREATER GOOD.

## THE DIFFERENT WAYS TO HAVE AN

# Absent Father

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- ◆ You have never met your father because your mother had no relationship with him.
- ◆ Your father was medically incapacitated in some way and wasn't able to be present.
- ◆ Your father abandoned you after your parents' separation and never pursued a relationship with you and/or started another family.
- ◆ Your father struggled with a harmful addiction that made him unable to participate in your life.
- ◆ Your father was physically in your life, but was emotionally absent.
- ◆ Your father was incarcerated during your fundamental growing years and you weren't able to form a relationship.

*It takes time*

JOURNAL

FORGIVE

USE G.E.F.S

BE WILLING TO HEAL

If you are at that place where things are “off the tracks,” and your father’s absence has been a “thing” in your life, it may be time to pause and review.

In this phase of my process, journaling was important. Just start writing your thoughts about everything that happened as you were growing up; and how you truly feel about your father’s absence. Your writing doesn’t have to be perfect in any way. Forget grammar and spelling and all the other critical things you may say about your writing. Just start writing and get your thoughts and feelings out. This is for your eyes only!

## *Writing is Healing!*

Don’t let little details get in your way. If you don’t feel you can write well enough by hand, you can write on a computer. If you don’t feel you can write at all, record yourself speaking about your feelings about your father. Some phones have an app for recording, or you can download one to your phone or computer.

The important thing is that you get your thoughts and feelings out, so you can see, and/or hear your own deepest thoughts and feelings. I often found that once I started writing, things came out that I didn’t know I was thinking or feeling.



## *Connect and share with yourself*

This process will help you put everything that happened together. In most cases, growing up without a father was difficult and painful. While we may have brushed it aside and kept life moving, things that happen along the way help us realize how serious the impact of the absence of a father can be.

**ACCEPTANCE IS KEY**



Once you sit with yourself and do this exercise, and you see what things were, you can move to acceptance. It was what it was, and it was outside your control. The control you have is in what you do *now*. Doing this is vital because you are telling yourself you are important enough to spend the time to focus on your feelings. Everyone likes to be heard, and the first person who should listen to you is *you*. Sitting to do this signals to your inner-child: “I’m important enough to work on myself. I’ve known something has been ailing me and I’m going to value myself enough to do this work.”

## *I'm Willing to do the Work to be Whole*

Taking the time to reflect on your experiences tells to your inner child that you— as an adult—thinks she is important and you are willing to listen.

Often, we avoid doing this kind of exercise because we fear it will cause pain. You have to decide whether you are willing to live with the chaos that your unresolved issues create in your life, or face the pain of addressing the unresolved issues to finally conquer the negative emotions that are attracting the chaos.



## *A simple step*

My spiritual teachers always told me that the time it takes depends on me. Addressing issues and healing can be instant, or it can be a process. For me, it was a process. It took months to write what I wanted to say, but then the day came when I felt I had said everything I needed to say to myself. I was willing to go through the process because the alternative was far worse. Each of us has to decide when we are ready and whether we are willing to do the work. This is a simple step you can take to start your healing journey.

# GETTING STARTED WITH

# Journaling

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## ✓ Set a schedule

Figure out when you can take the time to write in your journal every day for a few minutes. It can be in the morning as soon as you wake up, or just before bed. Make it coincide with a habit you already have like working out or meditating.



## ✓ Select your medium

You can take out your old notepad, or get a traditional journaling notebook that you can personalize. If you're more tech-minded, find a digital app, or start a document on your computer. Use a format that is convenient for you, and that you're likely to use regularly.



## ✓ Be authentic

Let go of judgement and express your genuine thoughts, no matter how negative they seem or how vulnerable they make you feel. Being honest with yourself is the heart of journaling. There is no one there to judge you, so let this be the space where you can be completely true and authentic.

# YOU'RE NOT ALONE!

It took me over thirty years to break free from the trauma I carried from having an absent father. I was that scared little girl who always felt abandoned by her daddy before I finally opened my heart to self-love and forgiveness. I have not only forgiven my father, but I have flourished and grown happier despite my experience growing up without him.

I want to guide you on a path to feeling whole after the emptiness your father's absence carved inside you. With some inspiration and your willingness to do the work, you can take the journey to wholeness.

**FORGIVENESS: A PILL TO TAKE...**  
*Like your life depends on it!*

I wish you success on your healing journey and I know you can finally reach the place where you feel new and whole. I encourage you to continue dedicating time to heal yourself, and if you need help along the way, my messages and videos are available to assist you in the process. Be well!

*Olivia*

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